



The Opposite Of Worry (Paperback)

By Lawrence J. Cohen

Random House USA Inc, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. The most helpful book on childhood anxiety I have ever read. --Michael Thompson, Ph.D. Whether it s the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of Playful Parenting, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents - start from a place of warmth, compassion, and understanding - teach children the basics of the body s security system alert, alarm, assessment, and all clear. - promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and white-knuckling through a fear - find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale - tackle their own anxieties so they can stay calm when a child is distressed - bring children out of...



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Reviews

This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

-- Rhiannon Steuber

Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

-- Tyshawn Brekke